

The Acorn Angle...

August 2014, box #11



What's fresh?
How do I prepare it?

CUCUMBERS

- 🌀 Slice up a cucumber and put in a bowl on your counter for an easy snack. It will disappear before you know it - we tend to snack on the first things we see.

KALE

- 🌀 Try baking kale chips. They are a tasty and somewhat addictive snack.
- 🌀 Add chopped kale to pasta sauce. Add canned beans and cooked pasta for a quick meal.

KOHLRABI

- 🌀 Try the fritter recipe on the back.

LETTUCE

- 🌀 You may notice a little more dirt than usual on your lettuce. The hard rains splash a lot of mud onto the leaves.

ONIONS

PEPPERS - GREEN

- 🌀 Our peppers are coming on slow this season, due to the cool summer nights. They like it hot!

PEPPERS - HOT

- 🌀 Use these small, long yellow or red peppers to make fresh salsa.

POTATOES - Red

SUMMER SQUASH/ZUCCHINI

Due to the recent rain, the summer squash got muddier than usual. When we washed them the dirt caused bruising on the skin. This will not affect the flavor, and you can still eat the skin.

TOMATOES

Finally! It is tomato season! The hot temperatures of these last few days have helped

- 🌀 We grow several different varieties of tomatoes. Some of our tomatoes are heirlooms and they are not always red in color. Judge the ripeness of a tomato by giving it a gentle squeeze. If it has a little give to it, then it is ripe.

HERB - CILANTRO

- 🌀 'Tis the season for fresh salsa!

Hello!

A good vegetable harvest on our farm usually translates to lots of stirfry meals at my house. That is until I discovered the endless possibilities of curry dishes. After trying a few recipes, I developed my own version of a basic dal curry, and I have found countless ways to prepare it with fresh, frozen, or even canned vegetables.

If you have never tried curry before, I encourage you to try this recipe (below). It is amazing - mildly sweet, salty, and full of flavor.

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

A link was emailed to you for our mid-season **SURVEY**.

Link: <https://www.surveymonkey.com/s/BCFCFSB>

Your feedback is important to our CSA. Please take a few minutes to share your experience with our CSA.

Kyle's Dal Curry

6 TBS olive oil	1 tsp ground coriander
1 cup chopped onion	2 tsp tumeric
1/4 to 1/2 tsp chili powder	3 cups vegetable or chicken broth
1/2 tsp black pepper	2 cups red lentils, rinsed
2 tsp cumin	1/2 can coconut milk
Salt & pepper to taste	

Bring broth to a simmer and add lentils. Simmer until lentils are soft.

In a separate skillet add olive oil and sauté onions until translucent. Add all spices and cook for 3 minutes.

Combine cooked lentils, seasoned onions, and coconut milk together. This will produce a chunky texture. If you prefer a smoother consistency, you can blend in a food processor.

Options:

For a simple version, add fresh diced **tomatoes** and **cilantro**, and serve over rice. OR include more vegetables: Steam or boil a variety of vegetables (**carrots**, broccoli, cauliflower, **zucchini**, **summer squash**, swiss chard, fresh basil, beans, etc.). Top cooked vegetables with the curry.

The possibilities are endless. I usually make a double batch of the curry, and freeze half. It makes a great, fast, easy meal. Just add vegetables or rice and serve. Or just eat with pita bread.

Recipes of the week...

Kohlrabi Fritters

- 1/4 tsp. ground cardamom
- 1/4 tsp. ground turmeric
- 2 **kohlrabi**, peeled, coarsely grated
- 1 large carrot, peeled, coarsely grated
- 1 **onion**, coarsely grated
- 1/2 cup coarsely chopped **cilantro**
- 1 egg
- 1/2 cup plain flour
- 1 Tbsp. milk
- 2 Tbsp. olive oil



Place the cumin seeds in a small frying pan over low heat. Cook, tossing, for 1 minute or until aromatic.

Transfer to a bowl and add the cardamom, turmeric, kohlrabi, carrot, onion and cilantro and toss to combine. Add the egg, flour and milk and stir to combine. Season with salt and pepper.

Heat the olive oil in a large frying pan over medium heat. Spoon three 1/4-cupfuls of mixture around the edge of the pan. Use a spatula to flatter to 8cm discs. Cook for 2 minutes or until golden. Turn and cook for a further 1 minute or until cooked through. Transfer to a plate. Repeat in 3 more batches with remaining fritters.

Serve immediately and top with yogurt if desired.

Makes 4 servings. Nutrition analysis per serving: 240 calories, 9 g fat, 8 g protein, 35 g carbohydrate, 6 g fiber, 65 mg sodium

Tex-Mex Chicken Skillet Meal

- 1 Tbsp. olive oil
- 1 **hot pepper**, minced (optional)
- 2 cups diced cooked chicken
- 1-oz package taco seasoning mix
- 3/4 cup water
- 4 small **summer squash**, halved and sliced
- 1 **green pepper**, julienned



In a large skillet, heat oil over medium-high. Add hot pepper, chicken, taco seasoning and water; sauté until chicken is heated through. Add squash and green pepper; sauté until crisp-tender, about 3 to 5 minutes

Makes 4 servings. Nutrition analysis per serving: 260 calories, 8g fat, 39g protein, 10g carbohydrate, 1g fiber, 750g sodium.



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